

References

Matthew 8:23–27;
Mark 4:35–41; Luke
8:22–25; *The Desire
of Ages*, pp. 333–337



Memory Verse

“Peace I leave with
you; my peace I
give you. . . .
Do not be afraid”
(John 14:27, NIV).

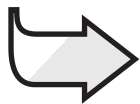


Objectives

The children will:
Know that Jesus
can help when they
are in trouble.

Feel at peace because
Jesus is with them always.

Respond by calling on
and trusting Jesus to take
care of them wherever they are.



The Message

Jesus will help me
when I am in trouble.

Safe in the Storm

Monthly Theme

God’s love finds me wherever I am.

The Bible Lesson at a Glance

Jesus is tired after a long day. He asks His disciples to take Him by boat to the other side of the Sea of Galilee, away from crowds. Jesus falls asleep. Suddenly a severe storm arises. The disciples try to save themselves and their boat. They finally remember that Jesus is on board, and wake Him, crying for help. Jesus calms the storm and asks the disciples, “Where is your faith?”

This is a lesson about grace.

Jesus is very protective of His children. He knows and loves us very much. But we don’t know Him as well and usually underestimate His power to handle crises in our lives. We sometimes panic and call on Him as a last resort. But He has been calmly waiting all the time.

Teacher Enrichment

“The Sea of Galilee is an unusual body of water. It is relatively small (13 miles long, 7 miles wide), but it is 150 feet deep, and the shoreline is 680 feet below sea level. Sudden storms can appear over the surrounding mountains with little warning, stirring the water into violent 20-foot waves” (*Life Application Study Bible*, Notes and Bible Helps on Matthew 8:24 [NIV], [Wheaton, IL, Tyndale House Publishers, Inc., 1991], p. 1178).

“There were other fishing boats lying near the shore, and these were quickly crowded with people who followed Jesus. . . .

“Those hardy fishermen had . . . guided their craft safely through many a storm; but now their strength and skill availed nothing. . . .

“Absorbed in their efforts to save themselves, they had forgotten that Jesus was on board. Now . . . they remembered. . . . In their helplessness and despair they cried, ‘Master, Master!’ . . .

“As the disciples grasp their oars to make a last effort, Jesus rises. . . . He lifts His hand . . . and says to the angry sea, ‘Peace, be still.’

“The storm ceases. . . . The boat rests upon a quiet sea. . . .

“The boats that had set out to accompany Jesus had been in the same peril with that of the disciples. . . . The fury of the storm had driven the boats into close proximity, and all on board beheld the miracle. In the calm that followed, fear was forgotten. The people whispered among themselves, ‘What manner of man is this, that even the winds and the sea obey Him?’” (*The Desire of Ages*, pp. 334, 335).

Room Decorations

See Lesson 5.

Program Overview

Lesson Section	Minutes	Activities	Materials Needed
Welcome	ongoing	Greet students at door; hear pleased/troubled	none
1 Readiness Options	up to 10	A. <i>Worry Keys</i> B. <i>Stormy Waters</i>	for each child: two poster board keys (see p. 143), piece of ribbon, hole punch, pencils, pens, markers, Bibles piece of paper for each child (5 1/2 x 8 inch [13 x 20 cm]), large pan(s) of water, instructions for making paper boats (see p. 144), Bibles
Any Time Prayer and Praise*	up to 10	Fellowship Songbooks Mission Offering Prayer	none <i>Sing for Joy, Praise Time Children's Mission</i> container used last week none
2 Bible Lesson	up to 20	Experiencing the Story Memory Verse Bible Study	rectangular table, poster board, spray bottles filled with water, room lights, electric or paper fan(s), boxes of uncooked rice for each child: sailing boat cutout (see p. 145) with a piece of magnetic tape on back, memory verse written for all to see Bibles, slips of paper
3 Applying the Lesson	up to 15	<i>Worries and Calmers</i>	chalkboard or white board, chalk or dry erase markers, Bible verses (see activity) printed on paper for each child
4 Sharing the Lesson	up to 15	<i>Keys to Success</i>	poster board key for each child (see p. 143), pencils or pens, "calmer" list from Applying the Lesson

*Prayer and Praise may be used at any time during the program.

TEACHING THE LESSON

Welcome

Welcome students at the door. Ask how their week has been—what they are pleased/troubled about. Encourage them to share any experiences from last week's lesson study. Then have them begin the readiness activity of your choice.



Readiness Activities

Select the activity most appropriate for your situation.

You Need:

- two poster board keys for each child (see p. 143)
- piece of ribbon for each child
- pencils, pens, markers
- hole punch
- Bibles

A. Worry Keys

Before Sabbath School, cut out two poster board keys for each child. (See page 143.) Punch holes in the keys using a hole punch.

Give each child two poster board keys and a piece of ribbon. Say: **We often have troubles that get us down. On your keys draw or write about some worries that you have.** (being sick; school work; parents sick or dying; lost my best friend; no one likes me; etc.) Show the children how to string their keys on the ribbon and tie the ends to make a "key chain."

Debriefing

Ask: **Why do you think we drew or wrote our worries on keys?** (Accept answers.) **Another reason is that our lesson today will show Who has the key to help us with our worries. Let's find and read John 14:27.** Read aloud. **Jesus tells us not to be afraid. And today's message tells us.**



JESUS WILL HELP ME WHEN I AM IN TROUBLE.

Say that with me.

You Need:

- piece of paper for each child (5 1/2 x 8 inch [13 x 20 cm])
- large pan(s) of water
- instructions for making paper boats (see p. 144)
- Bibles

B. Stormy Waters

Divide the children into small groups, each with an adult helper. Give each child a piece of paper to make into a boat (see page 144).

Then have them sail their paper boats in a pan of water. They can blow on the water to create waves.

Debriefing

Ask: **Why do you think we blew on the water to upset the boats?** (Accept answers.) **If that were a real boat, and you were on it, would you be afraid?** (Accept answers.) In today's story the disciples got caught in a big storm and Jesus helped them. Just as He helped the disciples, He will help us too. **Let's find and read John 14:27.** Read aloud. **What does this text mean? Today's message tells me that:**



JESUS WILL HELP ME WHEN I AM IN TROUBLE.

Say that with me.

Prayer and Praise

Any
Time



Fellowship

Report the students' joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). Allow time for sharing experiences from last week's lesson study and review the memory verse. Acknowledge any birthdays, special events, or achievements. Give a special warm greeting to all visitors.



Suggested Songs

"I Have the Joy" (*Sing for Joy*, No. 109)

"Wide, Wide as the Ocean" (*Sing for Joy*, No. 32)

"Over and Over" (*Praise Time*, No. 27)

"With Christ in the Vessel" (*Praise Time*, No. 13)

*Note: *Praise Time* is a collection of songs for youth published by Pacific Press® and is available at most Adventist Book Centers.



Mission

Use a story from *Children's Mission*.



Offering

Say: **Our offering goes to help people understand that Jesus is waiting to save them.**

You Need:

- container used last week



Prayer

Ask the children if there are any worries that they would like to tell Jesus about. Write the worries and concerns where all can see. Invite a different volunteer to pray for each of the concerns listed.

Bible Lesson

You Need:

- rectangular table (to turn upside down)
- poster board
- spray bottles filled with water
- room lights
- electric or paper fan(s)
- boxes of uncooked rice

Experiencing the Story*

Assign volunteers to the roles of Jesus, the disciples, and to produce the sound effects. Practice these cues and responses.

Thunder—Wave a sheet of poster board.

Lightning—Flash room lights on and off.

Waves—Spray water from spray bottles.

Wind—Wave paper fans or turn on an electric fan (change speeds for gentle and strong winds).

Rain—Tap fingernails against table tops or chair, or pat thighs.

Calm Seas—Slowly tilt boxes of rice back and forth.

Have the children who play Jesus and the disciples sit in the upturned table “boat” and pantomime their character’s actions during the story.

Read the following story with expression, emphasizing the bold words as cues and pausing to let the children perform their roles.

Read or tell the story.

Jesus lay sleeping in the little fishing boat. He was tired from speaking to huge crowds all day and from healing many people. The **disciples** rested too, but they were excited about all they had learned from Jesus and all the miracles they had seen Him do. They enjoyed the **calm seas** that night as they sailed across the Sea of Galilee. The gentle **wind** made the night perfect for sailing.

Suddenly, with no warning, a furious storm arose on the lake. The **lightning** flashed on the dark water, and the **thunder** rumbled. The **disciples** were startled

and jumped up, pointing at the huge, dark clouds that blotted out the stars they had enjoyed just minutes before. The **wind** blew fiercely into their faces, and the **rain** started to pour down.

The heavy **wind** whipped up the seas around them and the **waves** crashed over the boat. The **disciples** rowed hard. But the storm got worse and water began to fill their boat. They held on to the boat and each other, afraid that the boat would sink and they would drown. The **wind, rain, thunder, and lightning** became worse and worse as the **waves** pounded the little boat.

Finally, the **disciples** were so terrified that they made their way over to **Jesus**. They shouted, “Lord, save us! We’re going to drown!”

Jesus stood up. He raised His hands and commanded the sea, “Peace, be still.”

At once, the **wind** died down, the **thunder** and **lightning** stopped, the **waves** disappeared, and the sea became completely calm. **Jesus** said to His **disciples**, “Why are you afraid? Don’t you have enough faith?”

The **calm seas** comforted the **disciples**, and the gentle **wind** calmed their spirits. After what they had just gone through, they asked each other, “Who is this? Even the **wind** and the **waves** obey Him!”

The **disciples** were beginning to understand that they could always depend on Jesus.

**(Adapted from *Helping Children Live Like Jesus* [Loveland, CO: Group Publishing, Inc., 1997], pp. 37, 38).*

Debriefing

Ask: **Who was in the boat?** (Jesus, disciples) **What was the weather like at first?** (calm, quiet, peaceful) **Describe**

the storm that came up. Allow time. **What did the disciples do?** (They became afraid; woke Jesus.) **What did Jesus do?**

Have you ever been caught in a terrible storm? (yes, no) **How did you feel? What do you think Jesus wants us to do when we are afraid?** (Call on Him, trust in Him, not worry, etc.) **When has Jesus calmed your fears?**

I try to always remember:



JESUS WILL HELP ME WHEN I AM IN TROUBLE.

Say that with me.

Memory Verse

In advance, write today's memory verse where all may see within a line drawing of a sailing boat. **"Peace I leave with you; my peace I give you. . . . Do not be afraid" (John 14:27, NIV).**

Pass out sailing boat cutouts (see page 145) with a small piece of magnetic tape on one side. Have the children copy the memory verse on them. Say the verse together. Repeat it until the children are familiar with the verse. Tell them to take their boat home and attach it to their refrigerator (or other place) and look at it often during the week.

Bible Study

Tell the children to open their Bibles to Mark 4 and place a bookmark there. Tell them also to

You Need: for each child:

- sailing boat cutout (see p. 145)
- piece of magnetic tape
- memory verse written for all to see

You Need:

- Bibles
- slips of paper for bookmarks

find Luke 8 and place a bookmark there. Say: **Mark and Luke both wrote about Jesus calming the storm. (Matthew does also.)**

Read the following questions and give the Bible reference. Whoever can find the Bible reference first stands up and reads the answer to the question. (Pair nonreaders with readers. Adults assist as needed.)

1. What did Jesus say to His disciples one day? (Luke 8:22)
2. How do we know that the boat with Jesus and the disciples was not the only boat on the lake that evening? (Mark 4:36)
3. What did Jesus do after He came aboard the boat? (Luke 8:23)
4. What happened when the storm came? (Luke 8:23)
5. What did the disciples cry out to Jesus? (Luke 8:24)
6. What did Jesus do to calm the storm? (Mark 4:39)
7. What hard question did Jesus ask the disciples? (Mark 4:40)
8. What question did the amazed disciples ask each other? (Luke 8:25)

Debriefing

Ask: **If you had been in that boat, how would you have felt?** (scared, wet, etc.) **What would you have done? What is your favorite part of the story?** (Wait for responses.)

Mark, Luke, and Matthew all recorded this event. How would you tell about this event?

What do we want to remember?
Say the message.



JESUS WILL HELP ME WHEN I AM IN TROUBLE.

Say that with me.

Applying the Lesson

You Need:

- chalkboard or white board
- chalk or dry erase markers
- Bible verses printed on paper for each child (see activity)

Worries and Calmers

In advance, write the Bible verses listed below on paper. Make a copy for each child.

“Do not let your hearts be troubled and do not be afraid” (John 14:27, NIV).

“Do not be anxious about anything” (Philippians 4:6, NIV).

“The Lord is my shepherd, I shall not be in want” (Psalm 23:1, NIV).

“He heals the brokenhearted and binds up their wounds” (Psalm 147:3, NIV).

“I am with you always” (Matthew 28:20, NIV).

“Trust in the Lord with all your heart” (Proverbs 3:5, NIV).

“Be careful, keep calm and don’t be afraid” (Isaiah 7:4, NIV).

To begin this activity, ask: **What are some of the things that frighten you or make you upset?** Discuss for a few minutes. Then list on the board seven of the children’s suggestions. Read the

list and say: **Let’s call these things our “worries.”**

Now I will give you a list of verses from the Bible that are helpful in calming worries. I call them “calmers.”

Give a paper with the above Bible verses to each child. **Each time I read a “worry,” wiggle a finger, leg, arm, or your head. You must stay in one spot. I am going to keep reading “worries” until you’re really wiggling. Then I’ll read a “calmer.” Each time I read a calmer, stop wiggling one part of your body.**

Proceed as announced, using all the texts. Save these papers for the next activity.

Debriefing

Ask: **How did the “calmer” verses make you feel? (calmer) When you are worried or upset, what can you do? Will it help if you read verses like the “calmers” we just read? Let’s always remember . . .**



JESUS WILL HELP ME WHEN I AM IN TROUBLE.

Sharing the Lesson

Keys to Success

In advance, prepare a poster board key for each child (see page 143).

Distribute the keys. Say: **Can you think of someone who is worried and might need to have one of our “calmer” Bible verses?** Allow time. Encourage thoughtfulness.

You have a list of “calmers” to share with them. Look at your list and decide which verse you would like to share and copy it onto your key. Then write the name of the person you will give it to on the back of the key. Adults assist as needed.

Debriefing

Ask: **What can you say when people say they are worried?** Allow time for discussion. **One way is to share one of the “calming” Bible verses from your paper.**

Form pairs and have the children face each other. Say: **Practice sharing**

your key and telling today’s story.

Allow time. **Take your key home and give it to the person whose name you wrote on the back. Read the verse to them and tell them the Bible story we studied today. You might also say your memory verse for them.**

When we share a verse that helps us, it will help others too. And we can always say our message to encourage someone. Let’s say it together.



JESUS WILL HELP ME WHEN I AM IN TROUBLE.

Closing

Thank Jesus in prayer for doing whatever it takes to find and save us. Pray for the children to have courage to share this good news with someone this week.

Remind the children to use their Bible Study Guides every day and to do the daily activities.

You Need:

- poster board key for each child (see p. 143)
- pencils or pens
- “calmer” list from Applying the Lesson

Safe in the Storm

References

Matthew 8:23–27;
Mark 4:35–41;
Luke 8:22–25; *The
Desire of Ages*,
pp. 333–337

Memory Verse

“Peace I leave
with you; my peace
I give you. . . . Do
not be afraid”
(John 14:27, NIV).

The Message

Jesus will help
me when I
am in trouble.

Jamie and her parents were out on a lake in their canoe. Suddenly, dark, ugly clouds rolled in. It started to rain and the wind began to blow—HARD! The canoe rocked up and down on the rough waves. Thunder growled and lightning flashed. Jamie was really afraid. Her parents paddled as fast as they could to get to shore.

Jesus and His disciples were also caught in a storm on a lake. Let’s read their story.

Jesus had been teaching and healing people all day long. It was evening now, and there were still many people who wanted to be near Him! He had been working long hours every day, and He was exhausted!

Across the lake it was so peaceful. The towns along the shore were quiet and small. Jesus thought it would be a nice place to go and relax. He turned to the crowd of people. “We have had a good day. But it is time for rest,” He said.

Turning to His disciples, Jesus asked, “Are you ready, friends?” They nodded and climbed into the boat. Jesus joined them.

As they pushed off, many other people hopped into little fishing boats lying near the shore. They wanted to be with Jesus every minute.



Jesus was so glad to be able to rest for awhile. He lay down in the back of the boat. The restful sound of the waves

helped Jesus go to sleep. In the other boats, the people talked about the day, and enjoyed the pleasant evening.

Some of the disciples had been fishermen on this very lake. They loved to hear the night sounds and to feel the cool wind. But suddenly the wind changed direction as it sometimes does on Lake Galilee. The disciples looked at the sky. “Might be a storm,” someone said.

“That could be,” another agreed. They braced themselves as the wind howled down from the mountains.

Storms often came up suddenly, and that is just what happened. Lightning flashed and thunder crashed. Huge waves soon began to splash into the boat. The disciples had to shout to hear one another.

The disciples knew all about sailing and fishing. They knew all about boats and storms. But they didn’t know what to do now! They were more than afraid! They were terrified!! Then someone thought of Jesus. “Jesus! Jesus!” he shouted.

The disciples had been trying so hard to do everything that good fishermen do in a storm, that they had forgotten about Jesus. A flash of lightning cracked through the sky, and they all saw Jesus, still sleeping. Sleeping! “Wake up, Jesus! Save us! We’re about to drown!” they yelled.

Jesus stood up in the rocking boat. He saw the frightened faces of the disciples. They were wet and tired and helpless. Jesus lifted His hands. “Quiet!” He said. “Be still!” And right away, the storm just stopped. No more wind. No more lightning. No more waves crashing in.

“Why were you afraid?” He asked the disciples. “Where is your faith?”

The storm had pushed many of the boats close together, and now every person in every boat just stared at Jesus! He was not afraid! Not even a little bit! Everybody began to whisper about

Jesus. "What kind of man is this? Even the wind and the waves obey Him!"

Today and forever Jesus is always with us! He knows what we need, and He will care for us wherever we go, whatever we do, if we will call on Him as the disciples did.

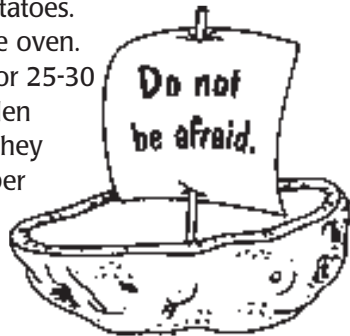
Daily Activities

Sabbath

- If possible, find a book that explains the types of clouds. Then go outside with your family and look up at the clouds. What type of clouds do you see? What kind of weather is coming?
- Find a quiet place and read today's Bible story together.
- Read and discuss Jesus' words in John 14:27. Teach the verse to your family.
- Sing "Master, the Tempest Is Raging!" (*The Church Hymnal*, No. 677). Then thank Jesus for His protection.

Sunday

- Read and discuss Mark 4:35, 36 during family worship.
- Ask an adult to help you make a potato boat for each person in your family. (1) Wash the potatoes. (2) Cut them in half. (3) Rub cooking oil all over the potatoes. (4) Put them in the oven. (5) Bake at 400° for 25-30 minutes until golden brown. (6) While they bake, make a paper sail for each potato. (7) Write on each sail: "Do not be afraid." (8) Glue the sails to toothpicks or craft sticks. (9) Stick the sail in the potatoes just before serving.



Monday

- Read and discuss Mark 4:37 for family worship. Then read Psalm 50:15. What numbers do you dial on the phone for help in an emergency? Write them here: _____
- How do you call Jesus when you are having an emergency, or trouble?

- Ask Jesus to protect people who are traveling today. Then thank Jesus for His protection.

Tuesday

- Read and discuss Mark 4:38 together for worship.
- Draw and color a picture of a boat on a stormy sea. Write words on the waves that describe how the disciples felt during the storm. Talk about your picture with your family.
- Write your memory verse on your picture.

Wednesday

- Read and discuss Mark 4:39 for family worship.
- Make a picture of a boat on a calm sea. Write words that describe how the disciples felt after Jesus calmed the storm. Share this with your family.
- Ask family members to tell about their "storms" and how Jesus helped them.
- Say your memory verse in your own words.
- Sing "With Christ in the Vessel" (*Praise Time*, No. 13). Then thank Jesus for caring for your family in storms and quiet times.

Thursday

- With your family read and discuss Mark 4:40, 41. What did you learn from this week's Bible story? Discuss it with your family.
- Say your memory verse.
- Find a toy sailboat or make one. Make cardboard, paper, or clay disciples and Jesus. Put them in the boat. Save this for tomorrow's worship.

Friday

- Fill a dishpan with water. Place your boat with Jesus and His disciples (made yesterday) in the water. Tell this week's Bible story to your family, using the boat and water. Finish by saying your memory verse.
- Sing songs of praise to thank Jesus for His care in "stormy" times.